

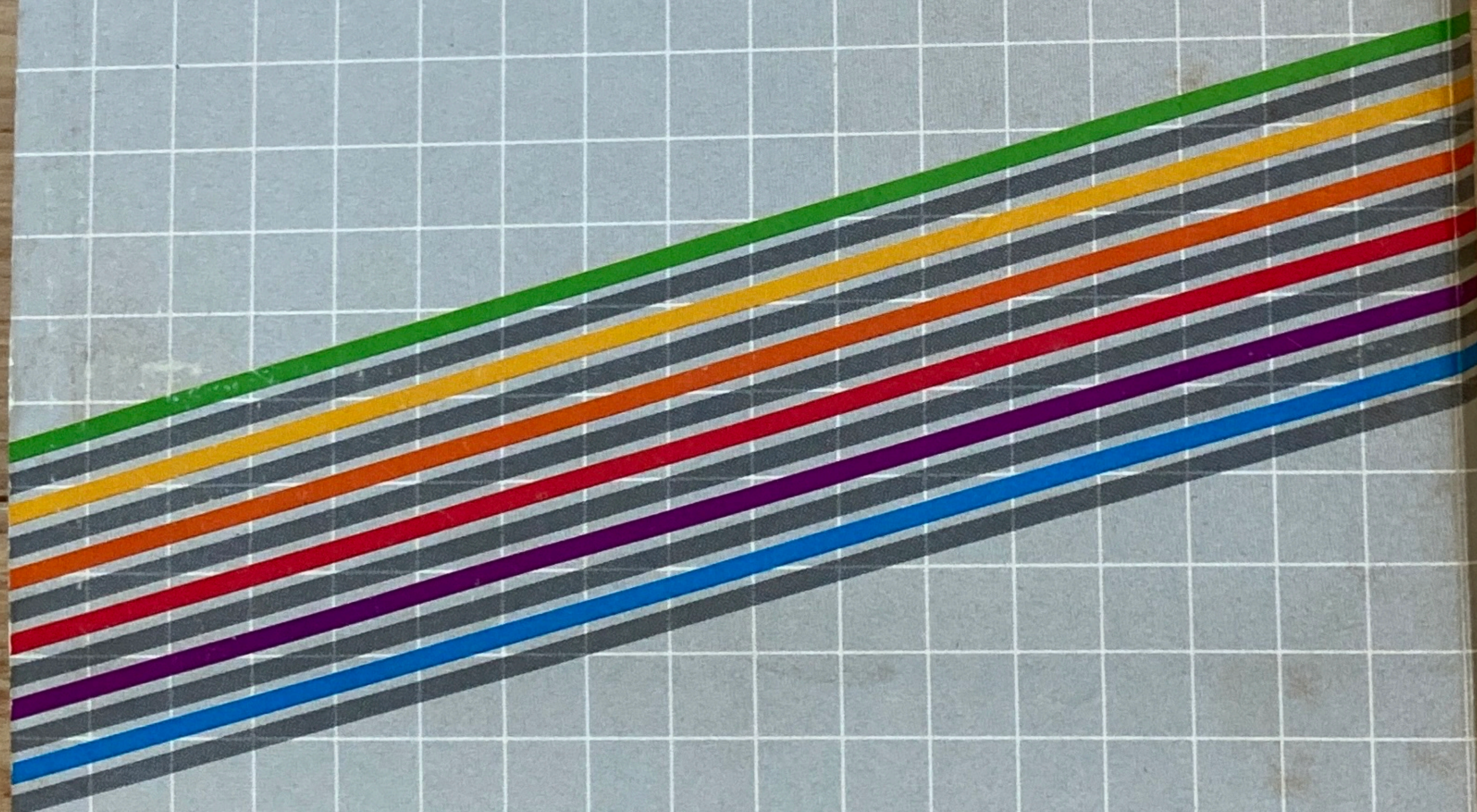


# DIET ANALYSIS

## C2H0007 BACKUP

©1981 Tess Enterprises, Inc.

652-2057-00



**apple computer inc.**

© 1980 by APPLE COMPUTER INC.



A

P

P

L

E



TM



A P P L E



DIET ANALYSIS  
C2H0007 BACKUP

© 1981 Toss Enterprises, Inc.

652-2057-00



 apple computer inc.

© 1980 by APPLE COMPUTER INC.



# DIET ANALYSIS

Written By: Javed Aslam, M.D. and  
Tess Enterprises Inc.

In Conjunction with Apple Computer Inc.



## SPECIAL DELIVERY SOFTWARE™

### CUSTOMER LICENSE AGREEMENT

Dear Customer:

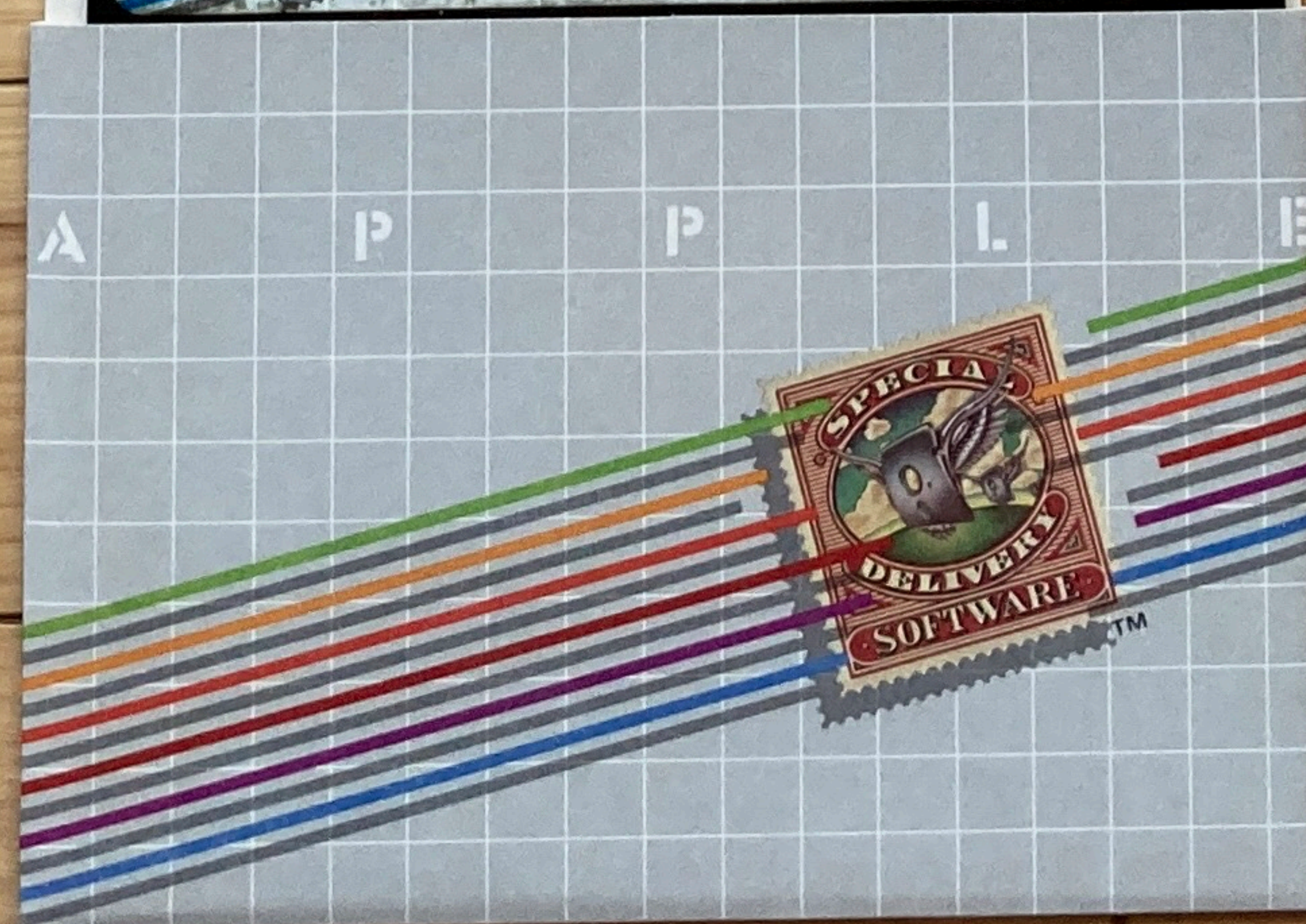
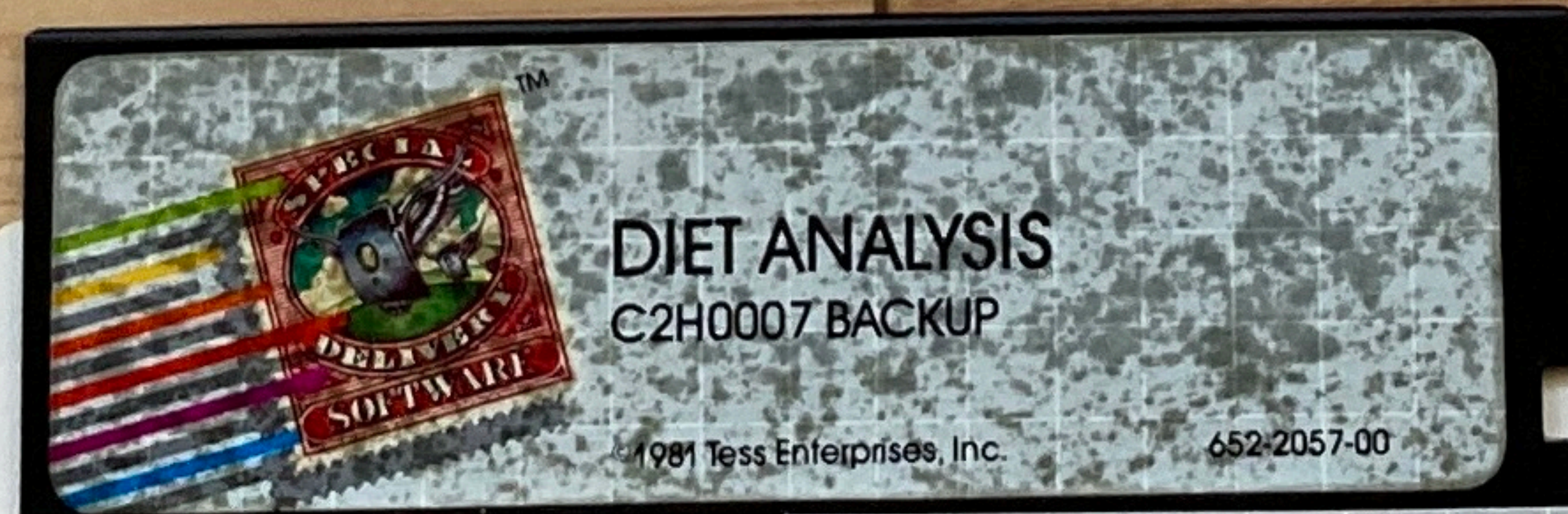
**IMPORTANT:** The SPECIAL DELIVERY SOFTWARE™ Product that you have just received from APPLE is provided to you subject to the Terms and Conditions of this Software Customer License Agreement. Should you decide that you cannot accept these Terms and Conditions, then you must return your product with all documentation and this License marked "REFUSED" within the 7 day examination period following receipt of the product.

- 1. License.** APPLE hereby grants to you upon your receipt of this product, a nonexclusive license to use the enclosed SPECIAL DELIVERY SOFTWARE™ product subject to the terms and restrictions set forth in this License Agreement.
- 2. Copyright.** SPECIAL DELIVERY SOFTWARE™ including its documentation, is copyrighted by APPLE or, in some cases, by APPLE's software suppliers. You may not copy or otherwise reproduce the SPECIAL DELIVERY SOFTWARE™ or any part of it except as expressly permitted in this License. Any SPECIAL DELIVERY SOFTWARE™ product that is not copy protected may be copied for backup use only, provided that you reproduce all copyright notices and other proprietary legends on such copies.
- 3. Restrictions on Use and Transfer.** The original and any back-up copies of SPECIAL DELIVERY SOFTWARE™ are intended for your personal use in connection with a single computer. You may not distribute copies of, or any part of SPECIAL DELIVERY SOFTWARE™ to others without the specific granting of a Software Distribution License from APPLE for that purpose.
- 4. Limited Warranty on Media.** APPLE warrants the diskettes on which SPECIAL DELIVERY SOFTWARE™ is recorded to be free from defects in materials and faulty

workmanship under normal use for a period of 90 days after the date of purchase. If during this 90-day period, a defect in the disk should occur, the diskette and a copy of your receipt may be returned to the SPECIAL DELIVERY SOFTWARE™ Operation at APPLE, and APPLE will replace the diskette without charge. Your sole remedy in the event of a defect in the diskette is limited to the replacement of the diskette as provided above.

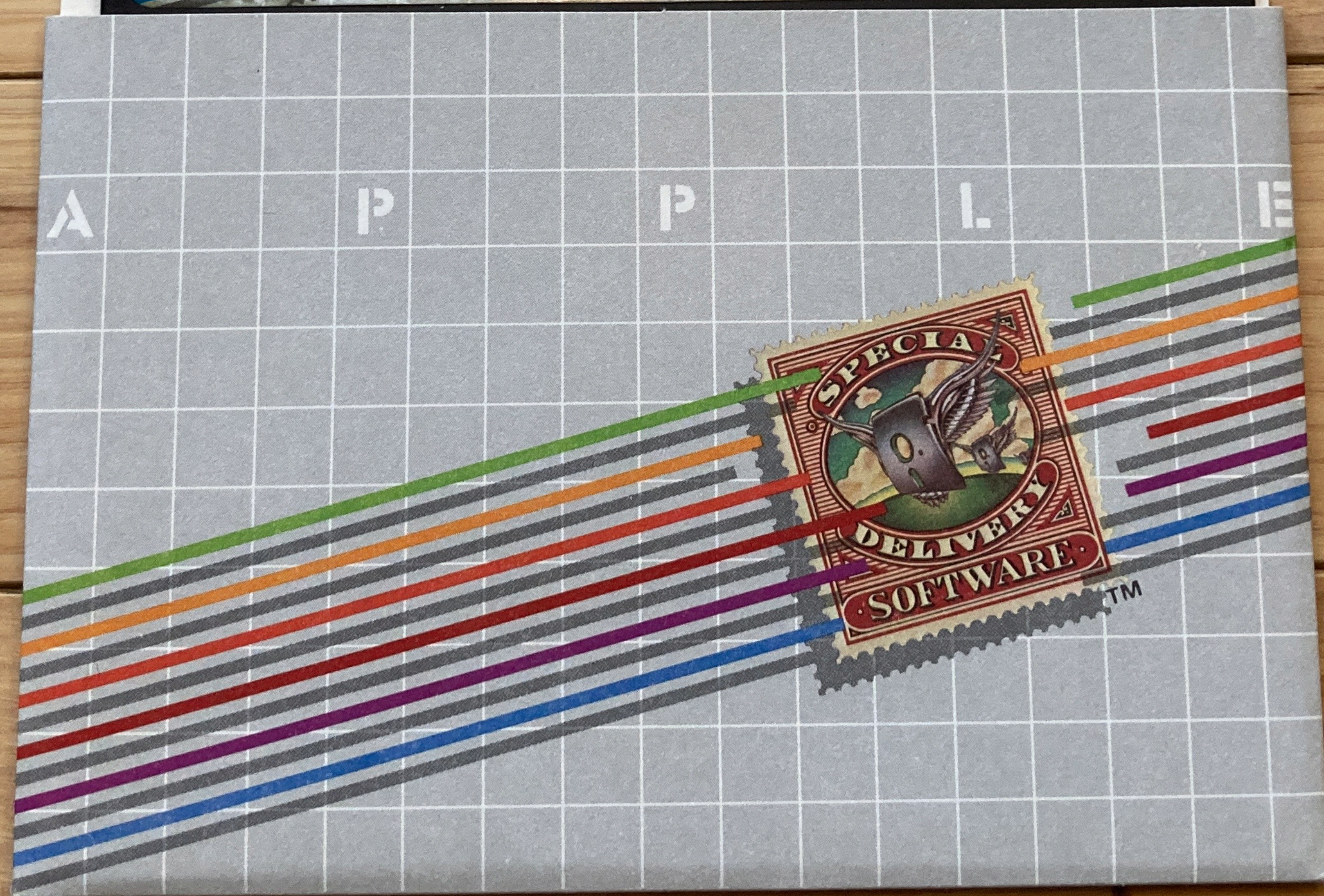
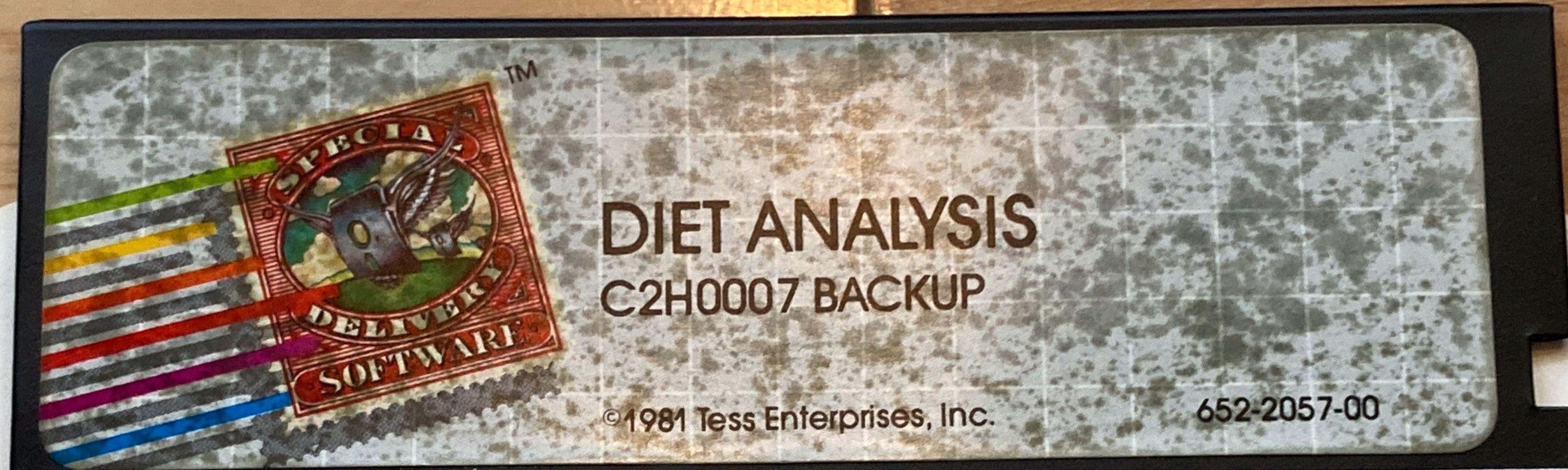
**5. LIMITATIONS ON WARRANTY AND LIABILITY.** EXCEPT AS EXPRESSLY PROVIDED FOR MEDIA, APPLE, ITS SOFTWARE SUPPLIER, DISTRIBUTORS AND DEALERS MAKE NO WARRANTIES, EITHER EXPRESS OR IMPLIED, WITH RESPECT TO THE SPECIAL DELIVERY SOFTWARE™, ITS MERCHANTABILITY OR ITS FITNESS FOR ANY PURPOSE. SPECIAL DELIVERY SOFTWARE™ IS LICENSED SOLELY ON AN "AS IS" BASIS. THE ENTIRE RISK AS TO ITS QUALITY AND PERFORMANCE IS WITH YOU. SHOULD THE SPECIAL DELIVERY SOFTWARE™ PROVE DEFECTIVE, YOU (AND NOT APPLE, ITS SUPPLIER, DISTRIBUTOR, OR DEALER) ASSUME THE ENTIRE COST OF ALL NECESSARY SERVICING, REPAIR OR CORRECTION AND ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES. IN NO EVENT WILL APPLE, ITS SUPPLIER, DISTRIBUTOR, OR DEALER BE LIABLE FOR DIRECT, INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY DEFECT IN THE SOFTWARE, EVEN IF THEY HAVE BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF IMPLIED WARRANTIES OR LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

**SPECIAL DELIVERY SOFTWARE™**  
10260 Bandley Drive  
Cupertino, CA 95014





License from APPLE for that purpose.  
4. Limited Warranty on Media. APPLE warrants  
diskettes on which SPECIAL DELIVERY SOF  
is recorded to be free from defects in materi





# DIET ANALYSIS

Written By: Javed Aslam, M.D. and  
Tess Enterprises Inc.

In Conjunction with Apple Computer Inc.



Dear Customer:

**IMPORTANT:** The SPECIAL DELIVERY Product that you have just received is provided to you subject to the terms of this Software Customer License. If you decide that you cannot accept the license, then you must return your product and this License marked with an examination period for your return.

1. **License.** APPLE COMPUTER, INC. is the owner of this product, a non-exclusive SPECIAL DELIVERY license with certain terms and restrictions.

2. **Copyright.** The product, including its packaging, or, in some cases, the product itself, may not be reproduced, delivered, or otherwise used as expressed in the SPECIAL DELIVERY license, which protects the intellectual property of Apple Computer, Inc.

3. **Resale.** The product, including its packaging, or, in some cases, the product itself, may not be resold, delivered, or otherwise used as expressed in the SPECIAL DELIVERY license, which protects the intellectual property of Apple Computer, Inc.



Wrong or unreliable results even for one day will ruin the accuracy of your averages for all days to come.

To find out how to discard inaccurate entries for a certain day, before getting the results into your permanent files, see the chapter 'DAYS END'.

### Weight Update

'If you don't tell us, we won't know'

This little routine allows you to enter your weight, height and physical activity level into your files as often as every day. The updated figures are kept in a temporary 'scratch pad' file and only included into your own files the next day you have a food entry. In other words, updating these figures is meaningless unless each update is followed by a day of food entry.

The food entry program assumes that your current weight is the one recorded in your 'scratch pad' file and uses it to include in that day's entry. It is up to you to keep this 'scratch pad' file up to date.

1. Select item 5 (WEIGHT UPDATE) from the master menu.

Instead of the usual current status display, you will see a different screen format showing the date of last weight update of each participant.

2. Enter your first name when asked.
3. You will be shown your current height, weight and physical activity status along with the date they were last updated.
4. Enter today's date

It does not serve any purpose to backtrack and enter an earlier date. Entering a date earlier than your last food entry is useless and is rejected.

5. Then enter your data. The height is not expected to be changed in a grownup, so press return and the old figure will be kept.
6. The new figures are displayed after the update is complete.

The above is the voluntary way of updating your weight etc. When you do the next routine the 'days end', you will be asked to do a weight update if you wish. See below for details.

### Day's End Procedure

'When you are through eating for the day.'

Unlike the practice session, where the analysis was automatic and you were presented the results after the meal entry, the procedure from now on is going to be different. The analysis is not done until all your entries for the day are complete. Once you know that you have consumed all you are going to for the day, you simply put a routine into action which will take each and every one of your foods, determine its composition, total up the results for the day and store these into your own file along with the date of the food entry. This routine is called the 'DAYS END' routine.

The participants can do their 'days end' routines at their own convenience. In other words, everyone's food entries do not have to be complete for one person to do his or her 'DAYS END' routine. However, no one can start the next day's entries until everyone has finished the previous day and done the days end routine.

#### DAYS END PROCEDURE (ONE DISK DRIVE)

1. From menu select option 3 (days end)

This routine will not run if the entry file is empty. Before the program is loaded, you will be presented a screen display showing the date of the last weight update. When the DAYS END routine runs, it takes your last entered height, weight and physical activity data, and enters them into that days file. That file is then closed. Therefore if you have changed your weight, this is the last chance to update it so that it will get into today's file. Otherwise it will be included in the next days file.

IF NONE OF THE PARTICIPANTS WISH TO UPDATE their weight, then answer N and the DAYS END program will start loading.

2. Type your name when the current status display appears.
3. A few seconds later you will be asked to remove the master programs diskette from the drive and replace it with the composition diskette.

4. After the disks are exchanged, press return and then sit back.

The computer will gather your food composition and when finished its additions and multiplications, will present you the results for the day. The data is on three pages. Press space bar to see the other two. Page two has the vitamins, page three the minerals. The foods you entered are listed on the right. To see the amounts also, press 'esc'. When you are through examining, press return. You will be asked to keep your hands off



Dear Customer:

**IMPORTANT:** The SPECIAL DELIVERY Software Customer License Agreement is provided to you subject to the terms and conditions of this Software Customer License Agreement. If you decide that you cannot accept the terms and conditions of this License Agreement, then you must return your software to the company within the examination period following the date of purchase.

1. **License.** APPLE hereby grants you a non-exclusive license to use this product, a non-transferable license, for the SPECIAL DELIVERY SOFTWARE, subject to the terms and restrictions set forth in this License Agreement.


2. **Copyright.** SPECIAL DELIVERY SOFTWARE is a registered trademark of APPLE. The SPECIAL DELIVERY SOFTWARE, including its documentation, is the property of APPLE. It is to be used only for the purposes intended or, in some cases, for other purposes as may be determined by APPLE. You may not copy, reproduce, or otherwise use the SPECIAL DELIVERY SOFTWARE, in whole or in part, without the express written permission of APPLE. The SPECIAL DELIVERY SOFTWARE is protected by copyright law and may be subject to patent law. You agree to indemnify and hold APPLE harmless from all claims, damages, and expenses, including reasonable attorneys' fees, that you may incur due to your use of the SPECIAL DELIVERY SOFTWARE.

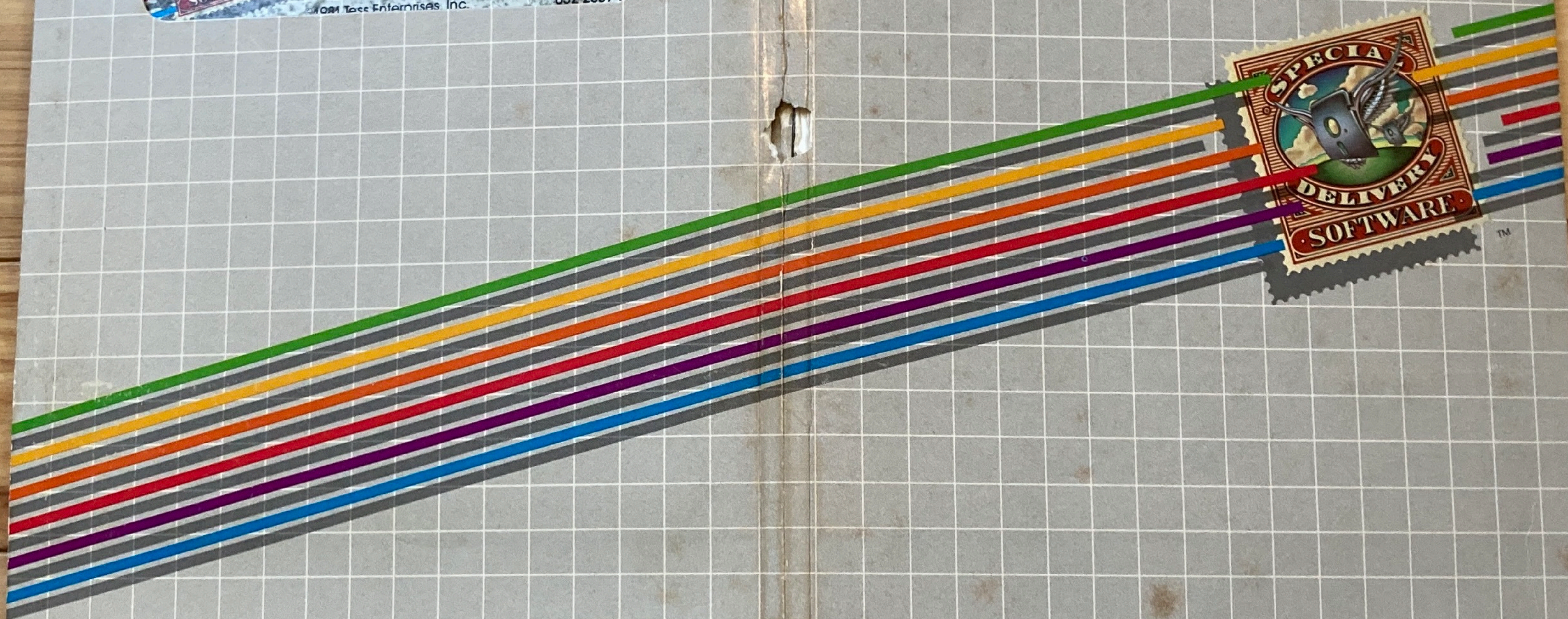
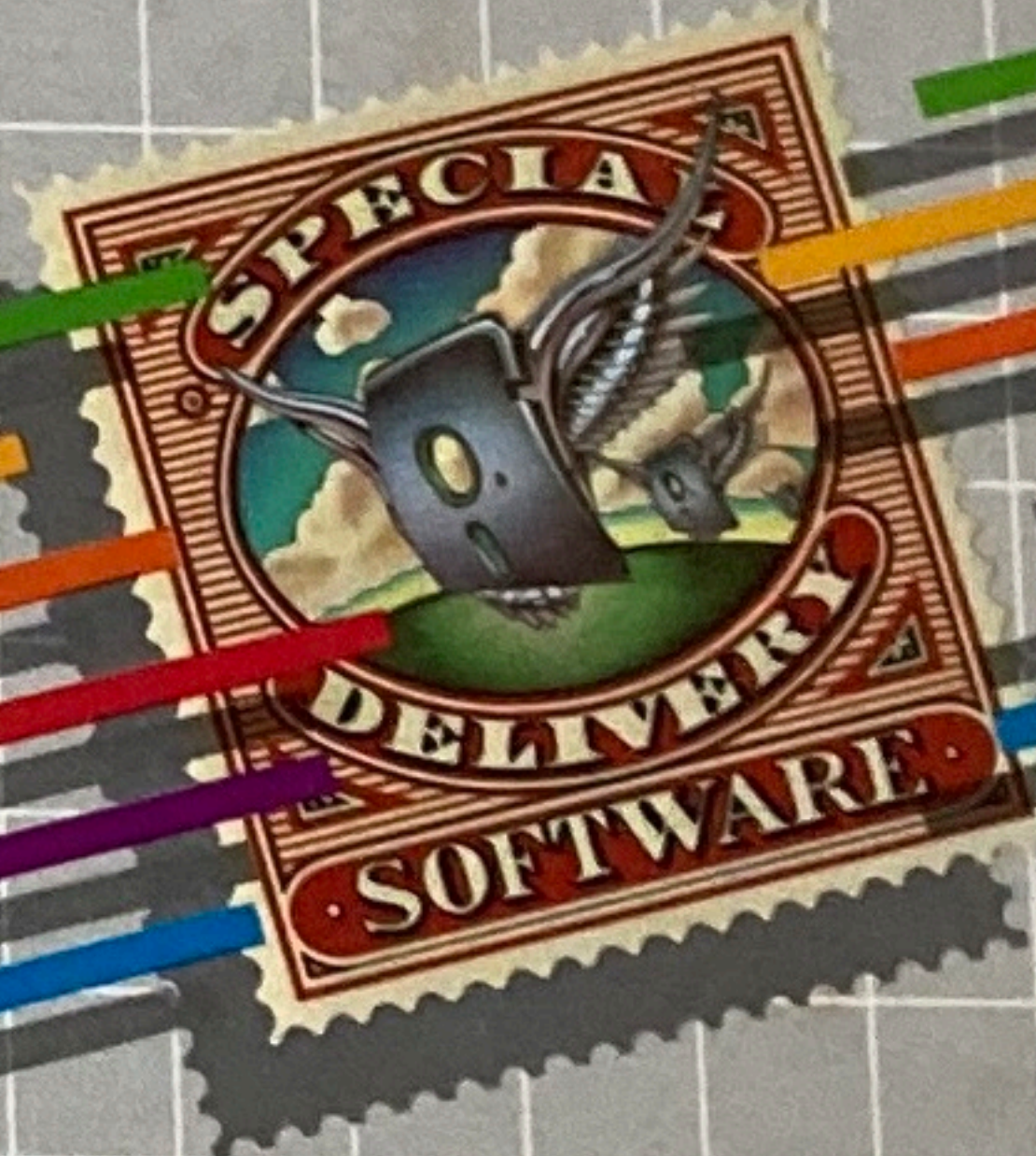
3. **Restrictions.** The SPECIAL DELIVERY SOFTWARE is provided to you on a "as is" basis. APPLE makes no warranty, express or implied, for any back-up or other data. The SPECIAL DELIVERY SOFTWARE is intended for use on a single computer system. It is not to be used on any other computer system without the express written permission of APPLE. The SPECIAL DELIVERY SOFTWARE is not to be used for any other purpose without the express written permission of APPLE. The SPECIAL DELIVERY SOFTWARE is not to be used for any other purpose without the express written permission of APPLE.

4. **Limitation of Liability.** APPLE shall not be liable for any damages, including consequential damages, arising out of the use of the SPECIAL DELIVERY SOFTWARE, even if APPLE has been advised of the possibility of such damages.



A P P L E

 **DIET ANALYSIS**  
C2H0007 BACKUP  
© 1981 Tees Enterprises, Inc. 652-2057-00



 **apple computer inc.**  
© 1980 by APPLE COMPUTER INC.